

## Full Report (All Nutrients) 09237, Peaches, canned, water pack, solids and liquids

Report Date: June 30, 2017 19:24 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

| Nutrient                       | Unit | 1<br>Value<br>Per100 g | Data<br>points | Std. Error | 1 cup, halves or slices<br>244g | 1 half, with liquid<br>98g |
|--------------------------------|------|------------------------|----------------|------------|---------------------------------|----------------------------|
| <b>Proximates</b>              |      |                        |                |            |                                 |                            |
| Water                          | g    | 93.13                  | 60             | 0.080      | 227.24                          | 91.27                      |
| Energy                         | kcal | 24                     | --             | --         | 59                              | 24                         |
| Energy                         | kJ   | 100                    | --             | --         | 244                             | 98                         |
| Protein                        | g    | 0.44                   | 16             | 0.009      | 1.07                            | 0.43                       |
| Total lipid (fat)              | g    | 0.06                   | 12             | 0.003      | 0.15                            | 0.06                       |
| Ash                            | g    | 0.27                   | 16             | 0.008      | 0.66                            | 0.26                       |
| Carbohydrate, by difference    | g    | 6.11                   | --             | --         | 14.91                           | 5.99                       |
| Fiber, total dietary           | g    | 1.3                    | --             | --         | 3.2                             | 1.3                        |
| Sugars, total                  | g    | 4.81                   | --             | --         | 11.74                           | 4.71                       |
| <b>Minerals</b>                |      |                        |                |            |                                 |                            |
| Calcium, Ca                    | mg   | 2                      | 12             | 0.052      | 5                               | 2                          |
| Iron, Fe                       | mg   | 0.32                   | 16             | 0.044      | 0.78                            | 0.31                       |
| Magnesium, Mg                  | mg   | 5                      | 12             | 0.082      | 12                              | 5                          |
| Phosphorus, P                  | mg   | 10                     | 12             | 0.181      | 24                              | 10                         |
| Potassium, K                   | mg   | 99                     | 33             | 1.530      | 242                             | 97                         |
| Sodium, Na                     | mg   | 3                      | 33             | 0.331      | 7                               | 3                          |
| Zinc, Zn                       | mg   | 0.09                   | --             | --         | 0.22                            | 0.09                       |
| Copper, Cu                     | mg   | 0.054                  | --             | --         | 0.132                           | 0.053                      |
| Manganese, Mn                  | mg   | 0.048                  | --             | --         | 0.117                           | 0.047                      |
| Selenium, Se                   | µg   | 0.3                    | --             | --         | 0.7                             | 0.3                        |
| <b>Vitamins</b>                |      |                        |                |            |                                 |                            |
| Vitamin C, total ascorbic acid | mg   | 2.9                    | 59             | 0.137      | 7.1                             | 2.8                        |

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|------------------------------|------|------------------------|----------------|------------|---------------------------------|----------------------------|
| Thiamin                      | mg   | 0.009                  | 12             | 0.000      | 0.022                           | 0.009                      |
| Riboflavin                   | mg   | 0.019                  | 12             | 0.000      | 0.046                           | 0.019                      |
| Niacin                       | mg   | 0.521                  | 16             | 0.015      | 1.271                           | 0.511                      |
| Pantothenic acid             | mg   | 0.050                  | --             | --         | 0.122                           | 0.049                      |
| Vitamin B-6                  | mg   | 0.019                  | --             | --         | 0.046                           | 0.019                      |
| Folate, total                | µg   | 3                      | --             | --         | 7                               | 3                          |
| Folic acid                   | µg   | 0                      | --             | --         | 0                               | 0                          |
| Folate, food                 | µg   | 3                      | --             | --         | 7                               | 3                          |
| Folate, DFE                  | µg   | 3                      | --             | --         | 7                               | 3                          |
| Choline, total               | mg   | 4.1                    | --             | --         | 10.0                            | 4.0                        |
| Vitamin B-12                 | µg   | 0.00                   | --             | --         | 0.00                            | 0.00                       |
| Vitamin B-12, added          | µg   | 0.00                   | --             | --         | 0.00                            | 0.00                       |
| Vitamin A, RAE               | µg   | 27                     | 29             | 1.790      | 66                              | 26                         |
| Retinol                      | µg   | 0                      | --             | --         | 0                               | 0                          |
| Carotene, beta               | µg   | 264                    | --             | --         | 644                             | 259                        |
| Carotene, alpha              | µg   | 1                      | --             | --         | 2                               | 1                          |
| Cryptoxanthin, beta          | µg   | 109                    | --             | --         | 266                             | 107                        |
| Vitamin A, IU                | IU   | 532                    | 29             | 35.791     | 1298                            | 521                        |
| Lycopene                     | µg   | 0                      | --             | --         | 0                               | 0                          |
| Lutein + zeaxanthin          | µg   | 61                     | --             | --         | 149                             | 60                         |
| Vitamin E (alpha-tocopherol) | mg   | 0.49                   | --             | --         | 1.20                            | 0.48                       |
| Vitamin E, added             | mg   | 0.00                   | --             | --         | 0.00                            | 0.00                       |
| Vitamin D (D2 + D3)          | µg   | 0.0                    | --             | --         | 0.0                             | 0.0                        |
| Vitamin D                    | IU   | 0                      | --             | --         | 0                               | 0                          |
| Vitamin K (phylloquinone)    | µg   | 1.7                    | --             | --         | 4.1                             | 1.7                        |
| <b>Lipids</b>                |      |                        |                |            |                                 |                            |
| Fatty acids, total saturated | g    | 0.006                  | --             | --         | 0.015                           | 0.006                      |
| 4:0                          | g    | 0.000                  | --             | --         | 0.000                           | 0.000                      |
| 6:0                          | g    | 0.000                  | --             | --         | 0.000                           | 0.000                      |
| 8:0                          | g    | 0.000                  | --             | --         | 0.000                           | 0.000                      |
| 10:0                         | g    | 0.000                  | --             | --         | 0.000                           | 0.000                      |
| 12:0                         | g    | 0.000                  | --             | --         | 0.000                           | 0.000                      |
| 14:0                         | g    | 0.000                  | --             | --         | 0.000                           | 0.000                      |

| Nutrient                           | Unit | 1 Value Per100 g | Data points | Std. Error | 1 cup, halves or slices 244g | 1 half, with liquid 98g |
|------------------------------------|------|------------------|-------------|------------|------------------------------|-------------------------|
| 16:0                               | g    | 0.005            | --          | --         | 0.012                        | 0.005                   |
| 18:0                               | g    | 0.001            | --          | --         | 0.002                        | 0.001                   |
| Fatty acids, total monounsaturated | g    | 0.021            | --          | --         | 0.051                        | 0.021                   |
| 16:1 undifferentiated              | g    | 0.000            | --          | --         | 0.000                        | 0.000                   |
| 18:1 undifferentiated              | g    | 0.021            | --          | --         | 0.051                        | 0.021                   |
| 20:1                               | g    | 0.000            | --          | --         | 0.000                        | 0.000                   |
| 22:1 undifferentiated              | g    | 0.000            | --          | --         | 0.000                        | 0.000                   |
| Fatty acids, total polyunsaturated | g    | 0.028            | --          | --         | 0.068                        | 0.027                   |
| 18:2 undifferentiated              | g    | 0.027            | --          | --         | 0.066                        | 0.026                   |
| 18:3 undifferentiated              | g    | 0.001            | --          | --         | 0.002                        | 0.001                   |
| 18:4                               | g    | 0.000            | --          | --         | 0.000                        | 0.000                   |
| 20:4 undifferentiated              | g    | 0.000            | --          | --         | 0.000                        | 0.000                   |
| 20:5 n-3 (EPA)                     | g    | 0.000            | --          | --         | 0.000                        | 0.000                   |
| 22:5 n-3 (DPA)                     | g    | 0.000            | --          | --         | 0.000                        | 0.000                   |
| 22:6 n-3 (DHA)                     | g    | 0.000            | --          | --         | 0.000                        | 0.000                   |
| Fatty acids, total trans           | g    | 0.000            | --          | --         | 0.000                        | 0.000                   |
| Cholesterol                        | mg   | 0                | --          | --         | 0                            | 0                       |
| <b>Amino Acids</b>                 |      |                  |             |            |                              |                         |
| Tryptophan                         | g    | 0.001            | --          | --         | 0.002                        | 0.001                   |
| Threonine                          | g    | 0.017            | --          | --         | 0.041                        | 0.017                   |
| Isoleucine                         | g    | 0.013            | --          | --         | 0.032                        | 0.013                   |
| Leucine                            | g    | 0.025            | --          | --         | 0.061                        | 0.025                   |
| Lysine                             | g    | 0.014            | --          | --         | 0.034                        | 0.014                   |
| Methionine                         | g    | 0.011            | --          | --         | 0.027                        | 0.011                   |
| Cystine                            | g    | 0.004            | --          | --         | 0.010                        | 0.004                   |
| Phenylalanine                      | g    | 0.014            | --          | --         | 0.034                        | 0.014                   |
| Tyrosine                           | g    | 0.011            | --          | --         | 0.027                        | 0.011                   |
| Valine                             | g    | 0.024            | --          | --         | 0.059                        | 0.024                   |
| Arginine                           | g    | 0.011            | --          | --         | 0.027                        | 0.011                   |
| Histidine                          | g    | 0.008            | --          | --         | 0.020                        | 0.008                   |
| Alanine                            | g    | 0.026            | --          | --         | 0.063                        | 0.025                   |
| Aspartic acid                      | g    | 0.073            | --          | --         | 0.178                        | 0.072                   |
| Glutamic acid                      | g    | 0.066            | --          | --         | 0.161                        | 0.065                   |

| <b>Nutrient</b> | <b>Unit</b> | <b>1<br/>Value<br/>Per100 g</b> | <b>Data<br/>points</b> | <b>Std. Error</b> | <b>1 cup, halves or slices<br/>244g</b> | <b>1 half, with liquid<br/>98g</b> |
|-----------------|-------------|---------------------------------|------------------------|-------------------|---|------------------------------------|
| Glycine         | g           | 0.015                           | --                     | --                | 0.037                                   | 0.015                              |
| Proline         | g           | 0.018                           | --                     | --                | 0.044                                   | 0.018                              |
| Serine          | g           | 0.020                           | --                     | --                | 0.049                                   | 0.020                              |
| <b>Other</b>    |             |                                 |                        |                   |   |                                    |
| Alcohol, ethyl  | g           | 0.0                             | --                     | --                | 0.0                                     | 0.0                                |
| Caffeine        | mg          | 0                               | --                     | --                | 0                                       | 0                                  |
| Theobromine     | mg          | 0                               | --                     | --                | 0                                       | 0                                  |